STRENGTH CIRCUIT 1-POSTURE

you need: towel, waterbottle, chair or bench, dumbells 3-8kg,

optional: mat



Sequence: warm-up for at least 5 minutes

circuit x 2-3 for 35 min work-out

cooldown and stretching for at least 5 min

For any strength training form is most important, try to find a weight were you find it challenging to complete the number of repititions but you can perform them without losing a straight back or without 'swinging' in the movements

Take time to recover in between sets but try to keep the rest under one minute

mat

set 1:

side plank L/R 10-12 reps

set 5:

ankle taps 10-12 reps

bench + dumbells

set 2:

seated wood chopper 10-12 reps

set 6:

lying dumbell chest press 8-10

reps

standing + dumbells

set 4:

chest butterfly + upright row 6-8

reps

set 8:

triceps kickback + overhead lift 8-

10 reps

mat

set 3:

superman + high planks 10-12

reps

set 7:

standing crunches (knee to

elbow) 10-12 reps